

# Report of Physical Training

February 1907

The attendance at the evening gymnasium classes continued good up to the Christmas recess, averaging about twenty every night.

Since then the attendance has been poor. Many of the girls spend the afternoon on the rink and by so doing are getting a very beneficial exercise in the open air, and an excellent substitute for the gymnasium half hour. On the whole, however, the physical life of the girls is uncertain and unsatisfactory. The work must be more systematic. I have done nothing to make it so thus far, because I have been carefully considering the conditions. The work itself is attractive and appeals to the girls. They are extremely enthusiastic when they do get into the gymnasium. It is in the getting there that the rub comes.



In my experience in teaching I have found that gymnasium work, in itself, no matter how alluring, will attract only a few. Upon enquiry it is found that these few are ardent tennis-players, walkers and skaters as well as zealous gymnasts. They would get plenty of physical exercise whether special provision were made for it or not. Manifestly, there do not really need the <sup>or our attention</sup> ~~regulation~~ physical training. The function of the gymnasium in an educational institution, especially one like Annesley Hall where the student lives for the best part of a year, is to reach those students who have no natural aptitude for physical exertion of any kind. We delight in our students who play tennis skilfully and skate gracefully and are typical of our ideal college girl, but we must not shut our eyes to the fact that there are in Annesley Hall girls who do not own hockey sticks or tennis racquets, who spend the gymnasium period in making judo, study until twelve o'clock every night and go to four hours of severe mental application with no breakfast the next morning.



If she got honors in all her subjects  
I should never call such a girl educated.

Girls who disregard the rules of hygiene  
are not slow to disregard other regulations.  
One that they most commonly neglect is  
that which says that residents of Kennedy  
Hall shall have three years of regular  
gymnasium work unless excused by a doctor.  
As this regulation is never enforced they  
soon cease to think about it and then  
become ignorant of its very existence.

I realize that it is my office to fill  
the gymnasium, but I must plead to being  
unable to do so without assistance. I have  
gone around to the girls and talked the matter  
over with them separately. They have a dozen  
plausible excuses. A few who are good-natured  
and want to humor me, come down for a  
couple of nights and then they have an essay  
to write and I do not see them again.

The attendance at gymnasium must  
be enforced in some way. I would suggest  
as a possible method that a careful record  
be kept of every student's physical work.  
If she cannot attend the evening class for



any reason she must go to the instructor and report to her. Skating, tennis, or hockey would be accepted as a substitute provided that participation in such sports is also reported to the instructor. A reasonable number of cuts, say three or four a month must be allowed. This is the method pursued in most of the American colleges, apparently with success.

But this adjustment must come from you because you must deal with the ~~transgressors~~ <sup>delinquents</sup>. Personally I do not think that a residence is the place for a girl who does not conform to the prescribed rules of a house but I have no power to support my opinion.

The girls who are working for the physical training diploma are taking lectures in the theory and practice of physical training and methods of teaching. They will have opportunities of conducting classes and of being criticized by the instructor.

Games are a important feature of the classes. Many more could be played if there were another ball in the gymnasium.

Respectfully submitted, Helen W. Armstrong.



# Report of Physical Training

March 14, 1907.

The following plan has been outlined which we propose to follow for the remainder of the year and if it proves successful, to carry it into effect at once at the beginning of the next year.

A list of the names of the girls of the first three years has been posted up in the <sup>Mrs. Raff's office</sup> ~~gymnasium~~. On this each girl must register daily what form of physical exercise she has taken. She must register for gymnasium, two days of the week and on other days may substitute a walk, of not less than twenty blocks, or tennis or skating. The instructor will be in the gymnasium in Amuseley Hall at seven every morning and at half past nine in the evening <sup>so the</sup> ~~for~~ girls may have opportunity to take their work when it best suits them.



The girls at the Annex have their work in the large room down stairs, every evening, just before the Annexley Hall class. This was the most satisfactory arrangement we could make for them.

The attendance has begun to be better and next week we shall be ready to keep a very strict watch over the register.

There are two basket ball goals in the gymnasium, but they are absolutely useless as far as the game is concerned. They are in such a difficult position. They should be fastened to board screens [six feet long, horizontally and four feet vertically] which could be suspended from the ceiling in front of the pipes which run along the ends of the room.

The girls of the Athletic Club are extremely anxious to play the game, but cannot do so as the goals are now placed. It is hard to play a game in which you cannot score any points. I wish that this might be rectified at once.

E. Scott Raff Director  
Helen W. Armstrong  
Instructor



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